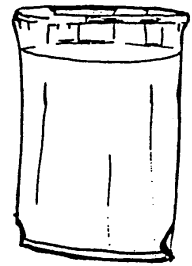
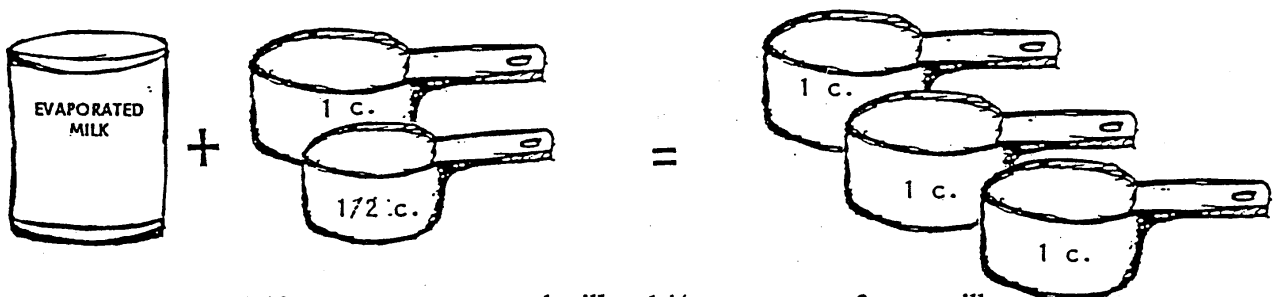


## Evaporated Milk



Evaporated milk is fluid milk with some of the water removed. It can be mixed with an equal amount of water, then used in place of fresh milk in recipes. Many recipes use evaporated milk directly from the can in it's condensed form. Read your recipe carefully.

### To Substitute Evaporated Milk For Regular Milk In A Recipe:



1-12 ounce can evaporated milk + 1 ½ cups water = 3 cups milk

### Tips For Use

- ✓ Unopened cans of evaporated milk may be stored up to 6 months on the shelf.
- ✓ Shake can well before opening.
- ✓ Punch two holes on opposite sides of the lid to allow milk to flow easily from the can. You could also remove the entire lid with a can opener.
- ✓ After opening, refrigerate evaporated milk in a covered container. A clean glass jar works well.
- ✓ Add a few drops of vanilla to each quart of milk. It will help your family adjust to the slight difference in flavor. You can also mix reconstituted evaporated milk with reconstituted nonfat dry milk.

## Recipes

### Creamy Potato Soup

3 cups water  
2 beef bouillon cubes  
1 16-ounce can mixed vegetables  
1 teaspoon parsley flakes

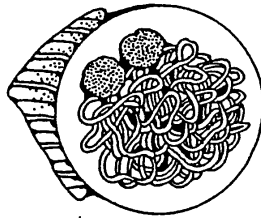


2 (12oz) cans evaporated milk  
2 cups instant mashed potato flakes  
1 teaspoon minced onion flakes  
1/4 teaspoon garlic salt

Mix water and evaporated milk in a large pot. Heat on low. Dissolve bouillon cubes in milk. Stir in potato flakes. Add vegetables and seasonings. Simmer for 20 minutes, stirring occasionally. Serves 8 to 10. Serve with cheese, apple slices, and crusty rye bread.

### Meatballs

1 1/2 pounds hamburger  
1 cup oatmeal, dry  
1/3 cup diced onion  
2 teaspoons chili powder



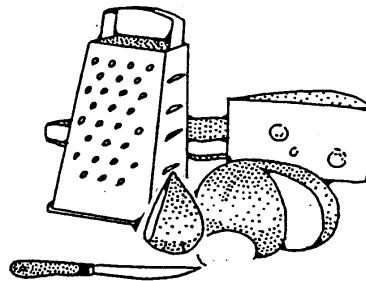
3/4 cup evaporated milk  
1 egg  
1/4 teaspoon black pepper

Mix all together in large bowl and shape in walnut-size balls. Place in a 9 x 13 inch baking pan and bake in 350 degree oven for 30 minutes or until done.

Suggested Uses: Use for spaghetti and meatballs  
Add barbecue sauce for BBQ meatballs  
Add sweet and sour sauce and serve with stir-fried vegetables and rice

### Cheese Sauce

2 tablespoons margarine  
1/2 cup water  
1 cup cut-up cheese



2 tablespoons flour  
1 can (12 ounce) evaporated milk  
Dash of onion salt, garlic powder, and dried parsley

Melt margarine in saucepan over low heat. Mix in flour until smooth. Stir in water, and evaporated milk. Add seasonings to taste. Cook, stirring all the time over medium heat until thickened. Turn heat to low. Add cheese and stir until melted. Makes about 2 cups cheese sauce.

Suggested Uses: Serve over hot cooked vegetables, rice, meatloaf, or scrambled eggs.  
Add salsa to make a dip for chips or vegetables  
Use a sauce for macaroni and cheese